

Managing Food Allergies at School

School Nurses

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Food allergies are a growing concern for both school health *and* education officials. Food allergies affect approximately four percent of school-aged children. For reasons that are not completely understood, food allergies among children are increasing. One out of five students with food allergies will have a reaction while at school. Up to 25 percent of students who have a severe and potentially life threatening reaction at school have no previous known food allergy.

Managing food allergies in schools can be accomplished through a partnership between school administrators, teachers, school staff, families, and school nurses and other health care providers. Key actions that school nurses can take to support students with food allergies include:

- Taking the lead in the school's planning for managing food allergies.
- Providing professional development on food allergies for all school staff.
- Supervising the daily management of food allergies for students.
- Preparing the school to be ready to respond to food allergy emergencies.
- And working with school staff and parents to create and maintain a safe, healthy school environment.

One important resource that can help you manage food allergies at school is a tool kit CDC created to bring the content of the food allergy guidelines to specific school audiences in easily accessible formats. The kit includes tip sheets and customizable presentations geared towards school superintendents, administrators, mental health providers, nutrition professionals, transportation staff, teachers, and paraeducators. School nurses and health educators can use these valuable tools as part of a comprehensive school staff food allergy education program. The school community can work together to help students with food allergies be safe and supported at school.

To learn more and access CDC's food allergy guidelines and tool kit, go to cdc.gov/HealthyYouth/FoodAllergies.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.